

Dietary fats

Healthy 'unsaturated' fats should be included in your diet everyday. This may help improve your overall heart health. Unhealthy 'saturated and trans' fats should be limited.

Choosing healthy fats in the diet

Type of fat	Common foods	Suggested intake
Poly-unsaturated fats (PUFA) May assist in reducing LDL 'Bad' Cholesterol and increasing HDL 'Good' cholesterol.	<ul style="list-style-type: none"> ✓ Oily fish and seafood (e.g. salmon, sardines, tuna, mussels) ✓ Sunflower, canola, soybean and grapeseed oil ✓ Walnut, hazelnut, brazil nut ✓ Soybeans, soymilk ✓ Omega 3 enriched eggs ✓ Chia, flaxseed, sunflower seeds ✓ Tahini (ground sesame seeds) ✓ Oil spreads (e.g Canola, Sunflower) 	<ul style="list-style-type: none"> ▪ 2–3 servings of fish per week, including oily fish (1 serving = 150–200g) <p>In addition, choose at least one per day of the following:</p> <ul style="list-style-type: none"> ▪ 30g walnuts as snack ▪ 2 teaspoons of seeds added to a smoothie or cereal ▪ 1 tablespoon of tahini as a spread or in a dressing ▪ 2 teaspoons of canola spread on wholegrain bread or crackers
Mono-unsaturated fats (MUFA) May assist in reducing LDL 'Bad' cholesterol.	<ul style="list-style-type: none"> ✓ Extra virgin olive oil, peanut oil ✓ Avocado ✓ Almond, peanut and cashew nuts ✓ Oil spreads (e.g. Olive Grove) 	<p>Choose at least one per day of the following:</p> <ul style="list-style-type: none"> ▪ 3 tablespoons (60mls) per day of extra virgin olive oil in cooking or as a dressing ▪ 30g almonds as a snack ▪ Use an olive oil spread or ¼ avocado on wholegrain bread or crackers ▪ 1 tablespoon of 100% natural nut spread on wholegrain bread or crackers (e.g. Peanut Butter)

Meal planning with healthy fats



Breakfast

Rolled oats, chia seeds, almonds, reduced fat yoghurt and fresh fruit.



Lunch

Poached eggs (omega 3 enriched) with avocado on soy and linseed bread.



Dinner

Grilled salmon with vegetables, wild rice and an olive oil, tahini dressing.



Snack

Nut and seed mix.

Reducing unhealthy fats in the diet

Type of fat	Common foods	Suggested intake and substitutes
Saturated fats and trans fats Will increase LDL 'Bad' cholesterol.	<ul style="list-style-type: none"> ✗ Animal fat: butter, ghee, lard, dripping, cophā ✗ Fat on meat, skin on poultry ✗ Discretionary foods: deep fried foods, pastry (e.g. pie, quiche, croissant, doughnut, cake, muffin, biscuits, chocolate, crisps, ice cream) ✗ Coconut oil, cream, milk ✗ Palm oil (common in processed foods) ✗ Full fat dairy: cheese, yoghurt, milk (if eaten in larger amounts) ✗ Sour cream and cream 	<ul style="list-style-type: none"> ▪ Not to be consumed daily ▪ Use extra virgin olive oil instead of butter or coconut oil ▪ Use reduced fat yoghurt instead of cream or sour cream ▪ Choose reduced fat milk, yoghurt and cheese (if consumed in large amounts)

Choose lean cuts of meat and skinless poultry

Choose cuts of meat with the least visible fat and remove fat or skin before cooking.

Limit...	Swap for...
<ul style="list-style-type: none"> ✗ Wings and drumsticks (e.g. chicken, turkey, duck) ✗ Skin on chicken, turkey or duck ✗ Untrimmed meats ✗ Ribs (e.g. pork or lamb) ✗ Highly marbled meat (e.g. scotch fillet) ✗ Deli meats: kabana, mortadella, salami, sausage, chicken loaf 	<ul style="list-style-type: none"> ✓ Skinless turkey or chicken breast, thigh or tenderloins ✓ Trimmed meats (e.g. porterhouse, round steak, trimmed rump) ✓ Trimmed bone meats (e.g. lamb cutlets, French shank) ✓ Deli meats (e.g. lean ham, roast beef, chicken or turkey) ✓ Fresh or canned fish ✓ Eggs

Label reading for fats

NUTRITION INFORMATION			
Servings per package - 10			
Serving size - 50g (1/2 cup)			
	Avg. Qty. Per 50g Serve	Per Serve with 1/2 cup (125mL) skim milk	Avg. Qty. Per 100g
Energy	710kJ	934kJ	1421kJ
	170Cal	223Cal	340Cal
Protein	6.8g	12.1g	13.6g
Fat, total	4.2g	4.4g	8.5g
- saturated	0.9g	1.0g	1.9g
Carbohydrate	24.9g	22.6g	40.9g

- Look at the per 100g column of a "Nutrition Information Panel"
 - Find "Saturated fat"
 - Aim for less than or equal to 2g per 100g
- Note:** Exception for whole nuts, seeds, recommended oils and oil spreads.